

# Swim Lessons

## Red Cross Instructors

Cost: \$30 active duty/\$35 civilian, per session. Must register in person at the pool. First day of registration is for active duty and family members. Registration from 1100-1300, on days stated.

### Class Schedule

**Session I** (registration: 4-8 June 2007)

25-28 June, 29 June - Rain Date

2-5 July, 6 July - Rain Date

**Session II** (registration: 25-28 June 2007)

9-12 July, 13 July - Rain Date

16-19 July, 20 July - Rain Date

**Session III** (registration: 9-12 July 2007)

23-26 July, 27 July - Rain Date

30 July-2 August, 3 August - Rain Date

**Session IV** (registration: 23-26 July 2007)

6-9 August, 10 August - Rain Date

13-16 August, 17 August - Rain Date

## Interested in Private Swim Lessons?

Private swim lessons are available at your convenience.

The cost is \$35.00 for four separate 1/2 hour sessions.

The times will be arranged between you and the lifeguard/instructor that you work with.



## Classes Offered

Classes offered according to the Red Cross system of leveling include:

### Tots (3-5 years)

Level I	Water Exploration
Level II	Primary Skills
Level III	Stroke Readiness
Level IV	Stroke Development
Level V	Stroke Refinement

The first class begins at 0800 and the last class ends at 1100. The schedule will change for each session. The exact schedule will be available before each registration period.

Tots classes are 30 minutes and cost is \$20.00 per child.

We will be happy to answer questions and help with placement when you sign up for lessons.

**For more information, call the Pool,  
Building 839, at 301-619-2368**

[www.detrick.army.mil/wellbeing](http://www.detrick.army.mil/wellbeing)